

**AMENDMENTS TO THE SPECIFICATION:**

Page 11, amend the paragraph beginning at line 9 as follows:

In operation, the central processing unit 52 executes computer programs stored upon the hard disk drive 60 or within the read only memory 54 using the random access memory as working memory. User inputs for controlling the computer 50 are received from the keyboard 66 and the mouse 68 via the user input/output unit 64. Processing results may be displayed to the user using the display 64~~65~~ via the display driver unit 62.

Page 12, amend the paragraph beginning at line 5 as follows:

Figure 7 schematically illustrates a system in which a system sends an e-mail message to a client workstation 14 to trigger updating of a computer file made available on the FTP server 4. As an example, a computer virus definition data file may be updated to include data defining a newly released computer virus. The computer virus definition data provider will then place this updated computer file on the FTP server 4, that server not necessarily using that computer file itself, but rather providing a storage location from which remote computers may download that computer file via the internet 2.

Page 12, amend the paragraph beginning at line 14 as follows:

The FTP server 4, or possibly a different computer, will then read a database of e-mail addresses to which an e-mail is to be sent including a tag indicating that the new version #4 of the computer file is available for download. In this example, the e-mail message is sent to the client workstation 14 and passes to this client workstation 14 via the mail gateway 10 and the local server 12, all of which are using the previous version of this computer file, namely version

#3. ~~Accordingly, in~~ In accordance with the previously described techniques each of the mail gateway computer 10, the local server 12 and the client workstation computer 14 examines the tag within the e-mail header and notes that a more up to date version of the computer file in question is available for download and then triggers the update process (the update process could take a variety of different forms, such as local updates etc, and may incorporate load balancing provisions such as retrying a download after a random delay if a connection is refused). For example, in this way, the highly critical gateway 10 may be triggered by the provider themselves to start a pull download of the updated computer file as soon as it is available. The owner of the local area network 6 may pay a subscription to be so notified by the provider.